

PHYSICAL ACTIVITY OBJECTIVES & PRIORITY RECOMMENDATIONS



INCREASE THE NUMBER OF PEOPLE WHO HAVE ACCESS TO FREE OR LOW-COST RECREATIONAL OPPORTUNITIES FOR PHYSICAL ACTIVITY

- Provide adequate funding for state and local recreation sites and facilities
- Develop model policies to increase access to public facilities for physical activity
- Increase the number of worksites that have policies that enhance activity opportunities

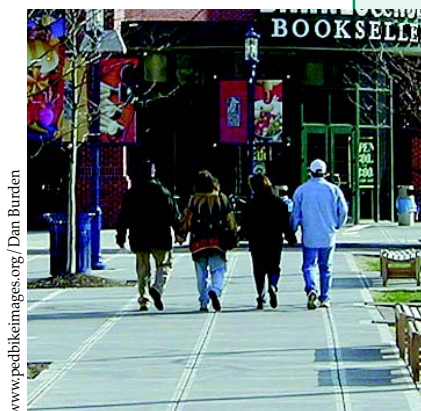
INCREASE THE NUMBER OF PHYSICAL ACTIVITY OPPORTUNITIES AVAILABLE TO CHILDREN

- Adopt school-based curricula and policies that provide quality, daily physical education for all students
- Encourage policies that provide kindergarten through grade 12 students with opportunities for physical activity outside of formal physical education classes
- Provide opportunities to replace sedentary behaviors, such as watching television, with physical activity



INCREASE THE NUMBER OF ACTIVE COMMUNITY ENVIRONMENTS

- Utilize urban planning approaches – zoning and land use – that promote physical activity
- Incorporate transportation policy and infrastructure changes to promote non-motorized transit
- Enhance safety and perceived safety to improve community walkability and bikeability



NUTRITION OBJECTIVES & PRIORITY RECOMMENDATIONS

ACCESS TO HEALTH-PROMOTING FOODS

- Increase the consumption of vegetables and fruits
- Ensure that worksites provide healthful foods and beverages
- Ensure that schools kindergarten through grade 12 provide healthful foods and beverages



ONGOING COLLABORATION

The activities proposed in the *Nutrition & Physical Activity Plan* will take place within a context that includes working with

partners, communication, cultural competence, and surveillance, assessment and evaluation. The plan will be presented to policy makers in communities and agencies across Washington State.

The goals and objectives of the plan will be achieved through ongoing collaboration between agencies, organizations, and communities. The Department of Health and its partners will evaluate progress toward each of the objectives and monitor the dissemination and impact of the plan itself.

REDUCE HUNGER AND FOOD INSECURITY

- Provide adequate support for nutrition and food programs
- Improve access to nutrition programs



INCREASE THE PROPORTION OF MOTHERS WHO BREASTFEED THEIR INFANTS AND TODDLERS

- Ensure that health care settings, childcare facilities, and worksite environments are breastfeeding friendly